

Table 7. Mean body mass index among men and women aged 20 and over, by survey years, age group, and race and Hispanic origin: United States, 1999–2016

Sex, age, and race and Hispanic origin	Survey years									p for linear trend
	1999–2000	2001–2002	2003–2004	2005–2006	2007–2008	2009–2010	2011–2012	2013–2014	2015–2016	
Men	Mean (standard error)									
20 and over ¹ (crude)	27.7 (0.2)	27.9 (0.2)	28.1 (0.1)	28.6 (0.3)	28.5 (0.2)	28.7 (0.2)	28.5 (0.2)	28.8 (0.2)	29.1 (0.3)	<0.001
20 and over ^{1,2} (age adjusted)	27.8 (0.2)	27.9 (0.2)	28.1 (0.1)	28.5 (0.2)	28.5 (0.2)	28.7 (0.2)	28.5 (0.2)	28.8 (0.2)	29.1 (0.3)	<0.001
Age group:										
20–39	27.0 (0.3)	27.1 (0.2)	27.5 (0.3)	27.8 (0.3)	27.6 (0.2)	28.1 (0.3)	27.7 (0.3)	28.3 (0.4)	28.7 (0.4)	<0.001
40–59	28.3 (0.4)	28.7 (0.3)	28.7 (0.3)	29.4 (0.3)	29.0 (0.2)	29.3 (0.3)	29.4 (0.3)	29.2 (0.3)	29.4 (0.3)	0.005
60 and over	28.2 (0.2)	28.1 (0.2)	28.3 (0.2)	28.4 (0.2)	29.1 (0.2)	28.8 (0.3)	28.5 (0.4)	29.1 (0.4)	29.2 (0.2)	<0.001
Race and Hispanic origin ³ :										
Non-Hispanic white	27.8 (0.3)	28.1 (0.2)	28.1 (0.2)	28.5 (0.2)	28.5 (0.2)	28.7 (0.2)	28.4 (0.2)	28.9 (0.2)	29.1 (0.3)	<0.001
Non-Hispanic black	27.5 (0.2)	27.6 (0.3)	28.5 (0.5)	28.9 (0.3)	28.7 (0.3)	29.3 (0.3)	28.9 (0.3)	28.9 (0.3)	29.0 (0.4)	<0.001†
Non-Hispanic Asian	— — —	— — —	— — —	— — —	— — —	— — —	24.9 (0.2)	25.4 (0.2)	25.3 (0.1)	0.187
Hispanic ³	— — —	— — —	— — —	— — —	29.0 (0.4)	29.1 (0.3)	29.2 (0.2)	29.3 (0.4)	30.0 (0.3)	0.033
Mexican-American	28.2 (0.2)	27.8 (0.3)	28.2 (0.3)	28.2 (0.3)	29.1 (0.4)	29.2 (0.3)	29.6 (0.3)	29.8 (0.3)	30.2 (0.4)	<0.001
Women										
20 and over ¹ (crude)	28.2 (0.3)	28.1 (0.2)	28.3 (0.3)	28.5 (0.3)	28.6 (0.2)	28.7 (0.1)	28.9 (0.2)	29.5 (0.3)	29.6 (0.3)	<0.001
20 and over ^{1,2} (age adjusted)	28.2 (0.3)	28.1 (0.2)	28.2 (0.3)	28.4 (0.3)	28.6 (0.2)	28.7 (0.1)	28.8 (0.2)	29.5 (0.3)	29.6 (0.3)	<0.001
Age group:										
20–39	27.5 (0.3)	27.2 (0.3)	27.3 (0.4)	27.3 (0.4)	28.3 (0.4)	28.0 (0.3)	28.0 (0.3)	28.9 (0.3)	28.7 (0.4)	<0.001
40–59	29.0 (0.5)	28.7 (0.4)	29.3 (0.4)	29.5 (0.5)	29.1 (0.3)	28.8 (0.2)	29.7 (0.3)	30.1 (0.4)	30.4 (0.5)	0.004
60 and over	28.3 (0.2)	28.6 (0.3)	28.1 (0.2)	28.5 (0.3)	28.3 (0.2)	29.6 (0.3)	28.9 (0.4)	29.2 (0.2)	29.8 (0.4)	<0.001
Race and Hispanic origin ³ :										
Non-Hispanic white	27.6 (0.4)	27.6 (0.2)	27.6 (0.4)	27.9 (0.3)	28.1 (0.4)	28.0 (0.2)	28.3 (0.3)	29.1 (0.3)	29.1 (0.3)	<0.001
Non-Hispanic black	31.6 (0.4)	30.6 (0.4)	31.7 (0.4)	31.6 (0.4)	31.4 (0.4)	32.4 (0.4)	32.4 (0.3)	32.5 (0.4)	31.9 (0.4)	0.005
Non-Hispanic Asian	— — —	— — —	— — —	— — —	— — —	— — —	24.2 (0.3)	24.3 (0.3)	24.6 (0.2)	0.231
Hispanic ³	— — —	— — —	— — —	— — —	29.7 (0.3)	29.5 (0.2)	30.0 (0.3)	30.3 (0.4)	31.2 (0.3)	<0.001
Mexican-American	29.0 (0.4)	29.1 (0.5)	29.8 (0.5)	29.5 (0.4)	29.9 (0.3)	29.9 (0.2)	30.6 (0.5)	31.1 (0.4)	31.9 (0.4)	<0.001

— Data not available.

† Includes a significant quadratic term for 1999–2016. Mean body mass index increased from 1999–2000 through 2005–2006 ($p < 0.001$) and remained level until 2015–2016 ($p = 0.867$). Slopes for line segments are significantly different ($p < 0.004$).¹Includes other races not shown separately.²Age adjusted to the projected 2000 U.S. census population using age groups 20–39, 40–59, and 60 and over.³Includes Mexican-American persons.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 1999–2016.